

ALCOHOL





WHAT IS ALCOHOL?



**Alcohol is the MOST ABUSED drug by
Soldiers.**

*Alcohol is a colorless and pungent liquid that can be found in beverages such as wine, beer, and liquor.

*Alcohol is a Central Nervous System (CNS) depressant.

*Alcohol is considered to be a gateway drug to other drug use.

WHAT IS ALCOHOL?

*A standard alcohol drink is considered to be:

- ▷ One 12-ounce bottle of beer
- ▷ One 5-ounce glass of wine
- ▷ 1.5 ounces of 80-proof distilled spirits.

*Alcohol is also known as:

- ▷ Booze
- ▷ Juice
- ▷ Sauce
- ▷ Grog



WHAT IS BLOOD ALCOHOL CONTENT (BAC)?

- * **Blood Alcohol Content (BAC)** - The amount of alcohol present in a 100 milliliter (ML) volume of blood.
- * The BAC is related to the users:
 - Body Weight
 - Metabolism
 - Drinking Speed - Someone that 'chugs' their drink will have a higher BAC than someone that 'sips' the same amount of alcohol.

EFFECTS OF ALCOHOL AND BAC

.02 - .03 BAC - No loss of coordination, slight euphoria and loss of shyness. Depressant effects are not apparent.

.04 - .06 BAC - Feeling of well-being, relaxation, euphoria, and lower inhibitions. Minor impairment of reasoning and memory. **.05 IS THE LEGAL LIMIT IN THE U.S. ARMY.**

.07 - .09 BAC - Slight impairment of balance, speech and reaction time. Judgment and reasoning are reduced, caution and reaction time impaired. **IN MOST STATES THE LEGAL LIMIT IS .08.**

.1 - .125 BAC - Significant impairment of motor coordination and loss of good judgment. Speech is slurred and balance, vision, reaction time, and hearing are impaired. **IT IS ILLEGAL IN ALL STATES TO OPERATE A MOTOR VEHICLE AT THIS STAGE.**



EFFECTS OF ALCOHOL AND BAC

.13 - .15 BAC - Gross motor impairment and lack of physical control. Blurred vision and serious loss of balance. Euphoria is reduced and dysphoria (anxiety, restlessness) begins to appear.

.16 - .20 BAC - Dysphoria predominates, nausea begins to appear. The drinker appears to be a “**sloppy drunk**”.

.25 BAC - Needs assistance in walking; total mental confusion. Dysphoria with nausea and some vomiting.

.30 BAC - Loss of consciousness.

.40 ≤ BAC - Coma, and possible death due to respiratory arrest.

IMMEDIATE PHYSICAL EFFECTS

- ⇒ Slurred Speech
- ⇒ Slow Reactions
- ⇒ Irregular Pulse
- ⇒ Blurred Vision
- ⇒ Loss of Inhibitions
- ⇒ Dizziness



- ⇒ Staggering
- ⇒ Nausea/Vomiting
- ⇒ Impaired Motor Skills
- ⇒ Enlarged Heart
- ⇒ High Blood Pressure
- ⇒ Unconsciousness

PHYSICAL SIGNS OF USE

◊ Dilated Pupils

◊ Irregular Pulse

◊ Enlarged Heart

◊ Alcohol Odor on Breath



◊ Nausea/Vomiting
◊ Slow Reactions



◊ Dizziness

◊ Slurred Speech

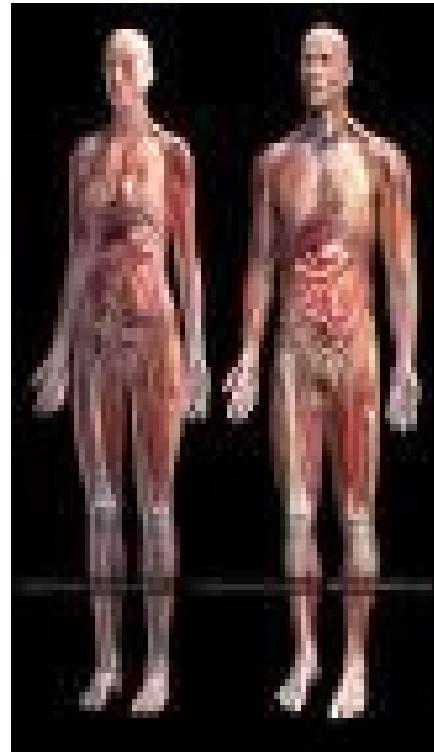
◊ Blurred Vision

◊ High Blood Pressure
◊ Unconsciousness

◊ Overdose/Death

LONG TERM EFFECTS

- *Vitamin Deficiencies**
- * Skin Problems**
- * Loss of Muscle Tissue**
- * Sexual Impotence**
- * Stomach Damage**
- * Small Intestine Damage**
- * Loss of Feeling in Hands/Feet**



- * Pregnancy Complications**
- * Liver Cirrhosis/Cancer**
- * Heart Disorders**
- * Blood Disorders**
- * Lung Disease**
- * Brain Damage**
- * Death**

ALCOHOL WITHDRAWL

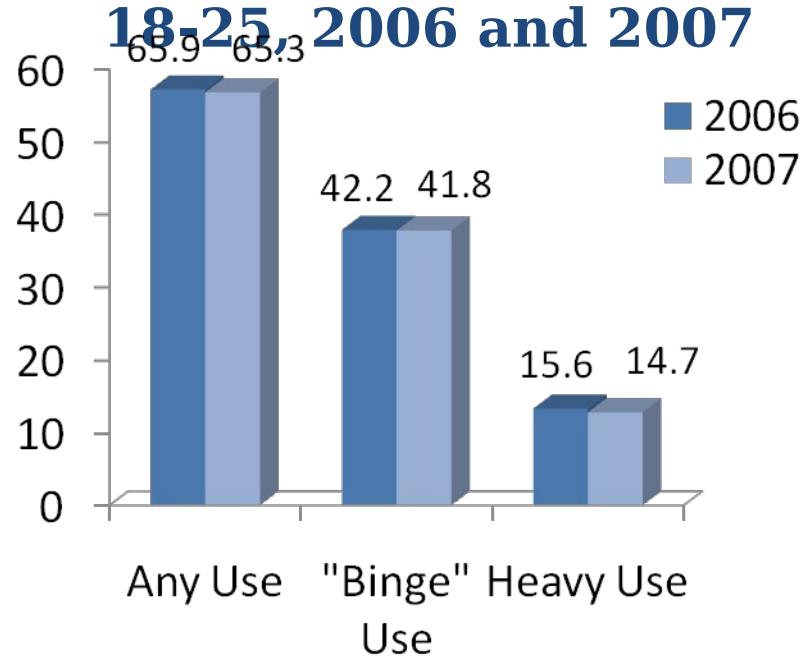
- When a alcohol dependent person stops consuming alcohol they may experience withdrawal symptoms:
 - Auditory Hallucinations
 - Paranoid Behavior
 - Body Trembles, “The Shakes”, this can occur as early as 12 hours after the last drink.
- The alcohol dependent person may also show minor signs of withdrawal:
 - Agitation
 - Profuse Sweating
 - Nausea/Vomiting
 - Incoherent Speech

LONG TERM EFFECTS

- The addicted individual can also suffer extremely serious, and sometimes fatal, side effects of alcohol withdrawal:
 - Delirium Tremens (DTs) - A disorder involving sudden and severe mental changes (psychosis) or neurologic changes (including seizures) caused by stopping the use of alcohol.
 - Alcoholic Psychoses, when the addicted person is scared of imaginary small animals, and horrible sights and sounds.

ALCOHOL USE IN THE UNITED STATES

**Percentages Reporting Past Month Alcohol Use,
Past Month "Binge" Alcohol Use, and Past
Month Heavy Alcohol Use Among Persons Aged
18-25, 2006 and 2007**



ADDITIONAL RESOURCES

- ***<http://www.erowid.org/chemicals/alcohol/alcohol.shtml>***
- ***<http://www.niaaa.nih.gov/>***
- ***<http://www.health.org>***
- ***<http://www.sayno.com/alcohol.html>***
- ***<http://www.alcoholics-anonymous.org/>***
- ***<http://www.al-anon.alateen.org/>***



Additional Information

Additional information on Alcohol can
be found by contacting your local
Army Substance Abuse Program or
by visiting www.acsap.army.mil